



# KENTUCKY NUTRITION EDUCATION PROGRAM

## 2020 ANNUAL REPORT: CALLOWAY COUNTY

### OUR FOCUS

The Kentucky Nutrition Education Program, as part of the University of Kentucky Cooperative Extension Service, encompasses two separate USDA programs: The Expanded Food and Nutrition Education Program (EFNEP) and the Supplemental Nutrition Assistance Program Education (SNAP-Ed). Both programs utilize agents and assistants to provide educational opportunities for limited-resource individuals and families to acquire knowledge, develop skills, and change behaviors for improved health and well-being.

### OUR CHALLENGE

#### Poverty

According to U.S. Census estimates for 2019, the median household income in Kentucky is **\$52,256**, 20% lower than the U.S. median household income of **\$65,712**.<sup>1</sup> Kentucky also has higher percentages of poverty and food insecurity among its population compared to census estimates for the United States overall.

	Kentucky	U.S.
<b>Total Poverty</b> <sup>1</sup>	16.0%	12.3%
<b>Child Poverty</b> <sup>1</sup>	20.9%	16.8%
<b>Food Insecurity</b> <sup>2</sup> <i>(Actual ratings during COVID-19 may be higher)</i>	14.7%	11.7%

In 2018, an estimated **21.3%** of Calloway County residents lived in poverty, and an estimated **23.1%** were children younger than 18.<sup>1</sup>

#### Obesity

Today, about half of all Americans have one or more chronic diseases, often related to poor diet and physical inactivity.<sup>3</sup> These include high blood pressure, cardiovascular disease, type 2 diabetes, and stroke.



In 2019, the percentage of obese adults in Kentucky was **36.5%**, ranking it in the top 10 states for highest obesity rates in the country. The percentage of physically inactive Kentuckians was **30.6%**, ranking it among the top five most physically inactive states in the nation. Kentucky was also ranked in the top 10 for high percentages of adults with diabetes (**13.3%**) and adults with hypertension (**40.9%**).<sup>4</sup> A large body of evidence shows that healthy eating habits and regular physical activity can help people achieve and maintain good health and reduce the risk of chronic disease throughout life.<sup>3</sup>

In 2020, **33%** of Calloway County's adult population was considered obese, and **27%** was considered physically inactive.<sup>5</sup>

## OUR SOLUTION

Provide hands-on nutrition education to limited-resource audiences, focusing on:

- Buying and preparing healthy foods
- Developing new meal planning and cooking skills
- Adopting new healthy lifestyle behaviors
- Managing SNAP resources

In 2020, **2,805** contacts were made with Calloway County residents who participated in nutrition education programming.

## OUR RESULTS

### IN CALLOWAY COUNTY

#### Lifestyle improvements

In 2020, **48%** of adult participants made a positive change in food group choices and **50%** showed improvement in one or more food safety practices. In addition, **32%** showed improvement in one or more food resource management practices and **27%** made changes to be more physically active.



## OUR SUCCESS

### Healthy Choices for Every Body improves diet

According to 2019 data from The Robert Wood Johnson Foundation's County Health Rankings and Roadmaps website, Calloway County has an adult obesity rate of 33%. In an effort to address this health issue and reach people of diverse backgrounds, the Nutrition Education Program of Calloway County had the opportunity to deliver the Healthy Choices for Every Body curriculum to an underrepresented group of adults with behavioral and developmental disabilities. The lesson topics included My Plate, Know the Limits of Sugar and Sodium, Food Safety, and Meal Planning to name a few. The group of 19 adults, with varying degrees of learning capabilities, engaged with the preparation of simple and healthy recipes after a step-by-step demonstration. Participant reactions were favorable after the recipe preparation and tasting. A number of the adults of various ages and genders who completed the program expressed how delicious and simple the recipes were. Program assessment results indicated that a total of 23 participating adults showed a 91.3% positive change in one of the fruits, vegetables, grains, protein, and dairy food groups after the program.



**University of Kentucky  
Nutrition Education Program  
Family and Consumer Sciences Extension**

#### SOURCES:

1. U.S. Census Bureau Small Area and Income Poverty Estimates
2. America's Health Rankings 2019
3. World Health Organization Media Centre
4. The State of Obesity Report 2019
5. 2019 County Health Rankings & Roadmaps

This institution is an equal opportunity provider. This material was partially funded by USDA's Supplemental Nutrition Assistance Program — SNAP.



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